

## 21. Using cycling infrastructure

**National Standard reference:** 3.1.1, 3.1.2, 3.2, 4.1.1, 4.1.2, 4.2.1, 4.2.2

### Instructing points

- Understand different types of cycling infrastructure (such as cycle lanes, cycle tracks, shared-use paths, cycle parking and other amenities).
- Decide whether cycling infrastructure helps your journey.
- Anticipate and respond to hazards around you by carrying out regular observations when using cycling infrastructure.
- Communicate your intentions clearly with others when using cycling infrastructure.
- Carefully consider your riding position and speed when using cycling infrastructure.
- Give time and space to vulnerable road users (pedestrians and cyclists) when using infrastructure. Remember that pedestrians walking across have priority.
- Have the skills and confidence to move out of cycling infrastructure to ride in the traffic flow when necessary.

### Additional resources

Instructors should find local maps which show local cycle routes. Point out where infrastructure is segregated or integrated to roads. This can form part of the planning a journey exercise.

### Activity ideas

You may want to combine this activity with other topics such as filtering or driver blind spots. If there is a well-designed piece of segregated infrastructure outside a school when you are delivering Level 2 training, consider coaching this activity at that point.

Aim to show your riders different types of cycling infrastructure including fully segregated cycling infrastructure and traditional cycle lanes. It can be helpful to stop to study the pros and cons of particular examples from the roadside. Ask riders what they think are the benefits of using particular infrastructure (it may sometimes speed up journeys, put riders at a greater distance from other road users, and may lead to a more enjoyable cycling experience). Also highlight how poorly designed infrastructure, such as cycle lanes that place riders in the secondary riding position at junctions, should usually be avoided. Coach your riders to make informed decisions regarding their riding position based on the whole on-road environment. You should also highlight how some road users are not aware that the use of cycling infrastructure is in fact optional. Discuss how this can create challenges if drivers don't understand why you are not using infrastructure and are riding in front of them.

## Activity ideas (continued)

You may decide to ask riders to carry out an independent riding exercise where they choose whether or not to filter up to an Advanced Stop Line or cycle box using a cycle lane. Alternatively, consider delivering this activity as part of a longer journey, where you use (or choose not to use) different examples of infrastructure, pausing your journey along the way when helpful. You could also ride behind your riders and support them to dynamically move in and out of cycle lanes that place cyclists in the secondary position next to side roads.

## Sample questions to check understanding

- Q. Do we always have to use cycle lanes?
- Q. What are the benefits of using cycling contraflows?
- Q. Where can we position ourselves in cycle lanes to maximise our visibility to others?
- Q. How should I overtake another cyclist in a cycle lane?
- Q. Should we always use cycle lanes that lead up to Advanced Stop Lines or cycle boxes at junctions?

## Differentiation

### Inclusion

Certain cycling infrastructure will be too narrow for riders using wider cycles. They will need to ride in the traffic flow.

### Extension

*Simplify*

Ask riders if they would like to ride with you or a partner for their first attempt.

*Challenge*

Carry out longer journeys where riders can experience a greater variety of infrastructure in more complex on-road environments.

## Risk benefit assessment

### Risk

A rider uses a cycle lane to filter up to the front at a junction despite road users in the main carriageway indicating to turn left.

### Mitigation

Highlight the hazard to the rider and suggest that they communicate with the nearest road user on their right.

### Benefits

This experience and negotiation with the road user on the rider's right highlights to them the need to regularly communicate with other road users. They also learn that it's sometimes better to not use certain cycling infrastructure.